

Skin Conditions

Skin conditions are a sign that something is going on inside our body.

Skin conditions are very common and approximately 80% of people have acne at some stage in their life. Other skin conditions can include psoriasis, eczema, rosacea, hives and more. These conditions show themselves on the outside but they are often a sign that something is not right on the inside. This is commonly an imbalance in the microbiome more often than not an overgrowth of bad bacteria.

What kind of things can have an impact on our skin?

Inflammation

This can be a result of external causes, such as irritating soaps, or internal causes, such as food intolerances or stress.

Dysbiosis

Our gut and skin both have their own microbiome. We need these microbiomes to be healthy and full of diversity, so they can protect us against microorganisms that can harm healthy skin. If the microbiome gets out of balance it can lead to dysbiosis and skin conditions.

Oxidative stress

The skin is the first line of defence against foreign invaders such as pollution or UV radiation. Poor diet can also contribute to oxidative stress.

Blood-sugar imbalance

Eating excess sugar can make our skin oilier and more acne-prone, but it can also speed up the ageing process.

Nutritional deficiencies

Not eating enough nutrients or healthy foods can affect our skin over time. It can also be a sign that we're not digesting our food properly.

Hormonal imbalances

Some hormones play a role in the health of our skin. If we have too much or too little of one hormone, it can start a knock on effect that shows up in our skin.